## CIF Concussion Return to Learn (RTL) Protocol

### Instructions:
- Keep brain activity below the level that causes worsening of symptoms (e.g., headache, tiredness, irritability).
- If symptoms worsen at any stage, stop activity and rest.
- Seek further medical attention if your child continues with symptoms beyond 7 days.
- If appropriate time is allowed to ensure complete brain recovery before returning to mental activity, your child may have a better outcome.
  - Do not try to rush through these stages.
- Please give this form to teachers/school administrators to help them understand your child’s recovery.

### Stage Home Activity School Activity Physical Activity

#### Brain Rest/Restful Home Activity
- Initially sleep as much as needed (allow at least 8-10 hours of sleep)
- Allow short naps during day (less than 1 hour at a time)
- Move towards setting a regular bedtime/wake up schedule as symptoms improve
- Avoid bright light if bothersome
- Stay well-hydrated and eat healthy foods/snacks every 3-4 hours
- Limit “screen time” (phone, computer, video games) as symptoms tolerate; use large font
- No school
- No homework or take-home tests
- May begin easy tasks at home (drawing, baking, cooking)
- Soft music and ‘books on tape’ okay
- Limit reading of hard-copy books as symptoms tolerate (e.g., short intervals of 10-15 min)
- Once your child can complete 60-90 minutes of light mental activity without a worsening of symptoms they may go to the next step
- Walking short distances initially to get around is okay
- As symptoms improve, progress physical activity, like vigorous walking
- No strenuous exercise or contact sports
- No driving

### Progress to the next stage when your child starts to improve, but may still have some symptoms

#### Return to School - PARTIAL DAY
- Set a regular bedtime/wake up schedule
- Allow 8-10 hours of sleep per night
- Limit napping to allow for full sleep at night
- Stay well-hydrated and eat healthy foods/snacks every 3-4 hours
- Limit “screen time” and social activities outside of school as symptoms tolerate
- Gradually return to school
- Sit in front of class
- Start with a few hours/half-day
- Take breaks in the nurse’s office or a quiet room every 2 hours or as needed
- Avoid loud areas (music, band, choir, shop class, locker room, cafeteria, loud hallway and gym)
- Use brimmed hat/earplugs as needed
- Use preprinted large font (18) class notes
- Complete necessary assignments only
- Limit homework time
- No tests or quizzes
- Multiple choice or verbal assignments better than long writing assignments
- Tutoring or help as needed
- Stop work if symptoms increase
- Progress physical activity and as instructed by physician
- No strenuous physical activity or contact sports
- No driving

### Progress to the next stage as symptoms continue to improve and your child can complete the activities listed above

#### Return to School - FULL DAY
- Allow 8-10 hours of sleep per night
- Avoid napping
- Stay well-hydrated and eat healthy foods/snacks every 3-4 hours
- “Screen time” and social activities outside of school as symptoms tolerate
- Progress to attending core classes for full days of school
- Add in electives when tolerated
- No more than 1 test or quiz per day
- Give extra time or untimed homework/tests
- Tutoring or help as needed
- Stop work if symptoms increase
- Progress physical activity and as instructed by physician
- No strenuous physical activity or contact sports
- Okay to drive

### Progress to the next stage when your child has returned to full school and is able to complete all assignments/tests without symptoms

#### Full Recovery
- Return to normal home and social activities
- Return to normal school schedule and course load
- Start CIF Return to Play Protocol

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